



Meeting Minutes

10/10/2022

Presentation: Reset, Refuel, Recharge with Be Well Care Well Arkansas

There were 23 people in attendance, including six board members. Six centers were represented.

HSECA President, Kathryn Linch, introduced herself and called the meeting to order. She introduced Susanna Creed from Be Well Care Well Arkansas as the presenter for the evening.

Susanna gave a brief overview of Be Well Care Well Arkansas and then had a short get-to-know-you activity in which attendees introduced themselves to the others at the table they were seated at. Susanna then talked about the effects of stress on the body, mind, emotions, and behavior. Well-being is defined as living fully and feeling good doing it. She discussed the eight dimensions of wellness which are physical, emotional, environmental, financial, occupational, social, intellectual, and spiritual. We then discussed strategies of how we can overcome challenges to be well so we can care well.

There was a time for questions and comments. Donny Caudill pulled tickets from the basket for door prizes and then dismissed class.

The meeting was adjourned at 8:00 pm